

# EFNEP Newsletter

For more information about this and other Herkimer County programs, call 315.866.7920

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## Be Food Safe This Thanksgiving

To keep food and guests safe, follow these simple food safety rules:

- The best way to thaw a frozen turkey is in the refrigerator. Plan 24 hours for every 4-5 pounds, so a 15-pound turkey will take about three days to thaw. Thaw your turkey in its original packaging and place it on a tray to catch any juices.
- If you don't have room in your refrigerator or you forget to start thawing the bird early enough, you can safely thaw it using cold water. In the sink, cover the turkey (still in its original wrapper) with cold water and change the water every 30 minutes. Plan 30 minutes for every pound, so a 15-pound turkey will take about eight hours.
- Remember to remove the giblets before cooking. Cook your turkey until the internal temperature reads 165 °F. Safely roast your turkey in a 325 °F oven. An unstuffed, 15-pound turkey will take about four hours to cook. Test the temperature of the turkey with an instant read food thermometer at the innermost part of the thigh and thickest part of the breast and be careful not to touch the bone.
- If you stuff your turkey, stuff it loosely. For safe stuffing, it must also register 165 °F with an instant read food thermometer. You also can cook the stuffing outside of the bird.
- Leave your turkey, stuffing and other holiday dinner foods at room temperature for no longer than two hours.
- Cut the meat off the turkey carcass and refrigerate separately from the stuffing .
- Keep leftovers 3-4 days and reheat to 165 °F.



For more holiday food safety information, visit  
<https://www.fightbac.org/?s=talking+turkey&id=12049>

### In Season This Month: Squash, Apples, Cabbage and Onions

This month you can still buy fresh, locally grown winter squash, cabbage, onions, potatoes, pears and apples. Look for them at road side stands and in your local supermarket.

**EFNEP** is a free program helping families with children eat better for less.

**Learn how to:**

- Save \$\$ on grocery bills and stretch your food dollars
- Prepare low-cost quick and healthy meals
- Keep your family healthy by staying active and eating right

**Who is eligible for this program?**

Families with children ages 19 and under (or pregnant) who are participating in WIC, SNAP, Head Start, Medicaid, free or reduced price school lunches

If you or your organization are interested in scheduling classes, please contact:

Cornell Cooperative Extension Herkimer County  
5657 State Route 5  
Herkimer NY 13350  
315.866.7920  
herkimer@cornell.edu

For more information about EFNEP in Herkimer Co. see: <https://bit.ly/CCEHCFNEP> or scan the QR code below:



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# KORNER IDS

Stop by your local public library and check out “Clifford’s First Autumn” by Norman Bridwell. Experience Clifford’s first autumn and learn about all of the amazing things he sees. When you finish reading the book, head outside and collect some leaves from as many different trees as you can find. Bring the leaves into the house and have your child make a collage by gluing the leaves to a piece of paper. Hang up your child’s collage for everyone to see!



## Apple Cranberry Salad Toss

Serving Size: 1/8 of recipe  
Servings per recipe: 8

### Ingredients:

- 1 head of lettuce (about 10 cups)
- 2 apples (medium, sliced)
- 1/2 cup walnuts, chopped
- 1 cup dried cranberries
- 1/2 cup green onion, sliced
- 3/4 cup vinaigrette dressing



### Directions:

1. Wash lettuce and tear into bite sized pieces.
2. Toss lettuce, sliced apples, walnuts, cranberries and green onions in a large bowl.
3. Add dressing; toss to coat. Serve immediately.

\*Nutrition Facts: Serving Size – 1/8th of recipe, 22 Calories, 2g Total Fat, 9% Calories from Fat, 0g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 28mg Sodium, 3g Total Carbohydrate, 2g Dietary Fiber, 2g Total Sugars, 1g Protein, 0mcg Vitamin D , 4mg Calcium, 26mg Potassium, 0mg Iron

*Source: USDA Food and Nutrition Service, Creative Recipes for Less Familiar USDA Commodities Used by Household Programs Food Distribution Service*